

# Delivery of Asthma Education During Patient Visits

## RECOMMENDATIONS FOR INITIAL VISIT

### Focus on:

- Concerns
- Quality of life
- Expectations
- Goals of Treatment
- What is Realistic
- Role of Patient in Self-Management

### Teach in simple language

### Teach and demonstrate

### Assessment Questions

### Information

### Skills

“What worries you most about your asthma?”

“What do you want to accomplish at this visit?”

“What activities does your asthma keep you from doing?”

“What do you expect from treatment?”

“What medicines have you tried?”

“What other questions do you have for me today?”

“Do you take your quick-relief inhaler more than two times a week?”

“Do you awaken at night with asthma symptoms more than two times a month?”

“Do you refill your quick-relief inhaler more than two times a year?”

### What is asthma?

A chronic lung disease. The airways are very sensitive. They become inflamed and narrow, making breathing difficult.

Asthma treatments: two types of medicines may be needed:

- Long-term control: medications that prevent symptoms, often by reducing inflammation
- Quick relief: Fast-acting medicine to stop attacks, making breathing easier

Bring all medications to every appointment

When to seek medical advice.

Provide appropriate telephone number.

(See patient handout: “Basic Asthma Information”)

### Inhaler and spacer use.

Check performance every visit (ask patient to bring medication and devices to every visit)

Self-monitoring skills that are part of an Asthma Action Plan:

- Recognize intensity and frequency of asthma symptoms
- Review the signs of deterioration and the need to reevaluate therapy:

- Waking at night with asthma
- Increased medication use
- Decreased activity tolerance

Use of a simple, written Asthma Action Plan.



## RECOMMENDATIONS FOR FIRST FOLLOW-UP VISIT (2 TO 4 Weeks or Sooner as Needed)

### Focus on:

- Concerns
- Quality of life
- Expectations
- Goals of Treatment
- What is Realistic
- Role of Patient in Self-Management

Teach or review  
in simple language

Teach or review  
and demonstrate

### Assessment Questions

### Information

### Skills

#### Ask relevant questions from previous visits and also ask:

- “What medications are you taking?”
- “How and when are you taking them?”
- “What problems have you had using your medications?”
- “Please show me how you use your inhaler or nebulizer.”

Use of two types of medications.

Remind patient to bring all medications and the peak flow meter to every appointment for review.

Self-evaluation of progress in asthma control using symptoms and peak flow as a guide.

Use of a daily Asthma Action Plan. Review and adjust as needed.

Peak flow monitoring and daily diary recording.

Correct inhaler and spacer technique.

## RECOMMENDATIONS FOR SECOND FOLLOW-UP VISIT

### Focus on:

- Medications
- Quality of life
- Expectations of visit
- Goals of Treatment
- What is Realistic
- Role of Patient in Self-Management

Teach or review  
in simple language

Teach or review  
and demonstrate

### Assessment Questions

### Information

### Skills

#### Ask relevant questions from previous visits and also ask:

- “Have you noticed anything in your home, work, or school that makes your asthma worse?”
- “Tell me how you know when to call your doctor or go to the hospital for asthma care.”
- “What questions do you have about your Action Plan? Can we make it easier?”
- “Are your medications causing you any problems?”

#### Relevant environmental control/avoidance strategies.

- How to identify home, work, or school exposures that can cause or worsen asthma.
- How to control house-dust mites, animal exposures if applicable.
- How to avoid cigarette smoke (active or passive).

Review all medications.

Review and interpret peak flow measures and symptom scores from daily diary.

Inhaler/spacer/holding chamber technique.

Peak flow technique.

Use of the Action Plan. Confirm that patient knows what to do if asthma gets worse.

## RECOMMENDATIONS FOR SUBSEQUENT VISITS

### Focus on:

- Concerns
- Quality of life
- Expectations
- Goals of Treatment
- What is Realistic
- Role of Patient in Self-Management

### Teach or review in simple language

### Teach or review and demonstrate

#### Assessment Questions

#### Information

#### Skills

#### Ask relevant questions from previous visits and also ask:

“How have you tried to control things that make your asthma worse?”

“Please show me how you use your inhaler or nebulizer.”

#### Review and reinforce all:

- Educational messages
- Environmental control strategies at home, work, or school
- Medications

#### Review and interpret from diary:

- Peak flow
- Symptom scores

Inhaler/spacer technique

Peak flow technique

Use of daily self-management plan  
Review and adjust as needed

Use of the Action Plan.  
Confirm that patient knows what to do if asthma gets worse.  
Periodically review and adjust the written Action Plan.

